



# Chicken Spaghetti

**Makes:** 4 Servings

This colorful crowd-pleaser that incorporates vegetables, whole grains, protein. Serve with some fresh, frozen, canned, or dried fruit for a meal that conta

## Ingredients

vegetable oil spray

**4 ounces** spaghetti, whole wheat uncooked

**1 teaspoon** olive oil

**1** red bell pepper, medium (thinly sliced)

**1** green bell pepper, medium (thinly sliced)

**1** onion, medium (chopped)

**2 cups** cooked chicken breast, skinless and diced  
(cooked without salt, about 8 ounces)

**1 can** tomatoes, unsalted diced undrained (14.5 ounces)

**1 can** cream of chicken soup, condensed low-fat reduced  
sodium (10.75 ounces)

**1/2 cup** cheddar cheese, reduced fat shredded

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>354</b>
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	69 mg
Sodium	718 mg
Total Carbohydrate	39 g
Dietary Fiber	7 g
Total Sugars	7 g
Added Sugars included	0 g
<b>Protein</b>	<b>33 g</b>
Vitamin D	0 IU
Calcium	188 mg
Iron	3 mg
Potassium	780 mg

N/A - data is not available

## MyPlate Food Groups

	Vegetables	1 cup
	Grains	1 1/2 ounces
	Protein Foods	2 1/2 ounces
	Dairy	1/4 cup

**1/4 cup** Parmesan cheese (shredded or grated)

**1/4 teaspoon** pepper

## Directions

1. Preheat the oven to 350°F. Lightly spray an 8-inch square baking dish with vegetable oil spray.
2. Prepare the spaghetti using the package directions, omitting the salt and oil. Drain well in a colander.
3. Meanwhile, in a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until tender, stirring occasionally.
4. Pour into a large bowl. Stir in the remaining ingredients, except the spaghetti. Pour into a baking dish.
5. Bake, covered, for 20 minutes. Bake, uncovered for 10 minutes, or until the mixture is warmed through and light golden brown on top.

**Source:** Power to End Stroke: 46 Healthy Soul Food Recipes Cookbook, p. 42